



Treatment Plan- Ross Davey
01/08/2025

The following recommendations aim to address the main focus of our consultation which was Peyronie's disease and related symptoms.

In order to experience the most significant benefits of non-invasive treatments, it's important to monitor symptoms and review the current plan regularly to maximise benefits.

Recommendations- Herbal Tincture

Commence the following herbal tincture to improve circulation, reduce oxidative stress and reduce inflammation.

Herbs included:

Turmeric (*Curcuma longa*)- a powerful anti-inflammatory and antioxidant useful in reducing inflammation and protecting cells from free radical damage.

Ginger (*Zingiber officinale*)-an anti-inflammatory, circulatory stimulant and antioxidant useful for improving peripheral circulation and increasing blood flow.

Withania (*Withania somnifera*)- an antioxidant and anti-inflammatory useful in reducing inflammation and protecting cells from free radical damage. May also modulate the nitric oxide (NO) pathway and improve blood flow.

Cinnamon (*Urtica dioica*)- a nutritive herb which is also anti-inflammatory and antioxidant useful in reducing inflammation and protecting cells from free radical damage

Burdock (*Arctium lappa*)- an anti-inflammatory and depurative useful for cleansing and moving blood and reducing inflammation.

Dosage: 5 mls 2x per day with food

Recommendations- Suggested Supplement

SynQ10 (by Biomedica)- containing highly absorbable CoQ10 which may assist in reducing plaque size and curvature along with inhibiting disease progression.

Dosage: 2 capsules daily (total 300mg)

Recommendations- Other

Continue regular self-massage if you feel this is improving symptoms. You may wish to research specific techniques relevant to Peyronie's disease and use castor oil as lubrication. Additional stretches may also be beneficial.

In addition, you may wish to consider applying castor oil to your penis at night, particularly to the area in which you feel the plaque formation. Wash and dry the area first. You may wish to wrap in a natural material (which can be warmed) to help absorption. Leave overnight or for a minimum of 3 hours. Repeat as often as possible for 10-12 weeks.

I understand at this stage, you are not wanting to make changes to your current diet. As a holistic practitioner, I would recommend considering the reintroduction of other protective nutrients such as essential fatty acids (particularly omega 3,) vegetables and fruit (limited) once you've achieved your desired goal. This will assist in supporting cardiac function, reducing inflammation and oxidation, regulating blood sugar and increasing bowel motions.

Follow up Appointment- suggested for 22 August 2025

At this time, we will review your current treatment plan and discuss your progress, any challenges as well as review the herbal tincture and any supplements. Follow up will include:

- A review of the herbal tincture and incorporate other antioxidant herbs e.g. Nettle.
- Consider other supplements which may be of benefit to Peyronie's including Vitamin E (300mg) and Propionyl-L-carnitine (1g).
- Consider Gotu Kola (topically or more likely internally in capsule form). Gotu Kola is a medicinal herb well known for its wound healing abilities and helps normal connective tissue development.
- Consider Peyronie's disease in relation to the whole body and other body systems. Consider other factors that may be contributing to this presentation.

Future Treatment Considerations

Symptom progression should be considered when deciding on additional treatment options which you could consider in conjunction with the above suggestions.

You may wish to discuss one or more of the following with your GP (as these treatment options are out of my scope and provided as a list of options only, not as my recommendations:

- Penile traction therapy (PTT)
- The use of a vacuum erection device (VED)
- Pharmaceutical oral medications
- Collagenase Clostridium histolyticum (CCH) injections